



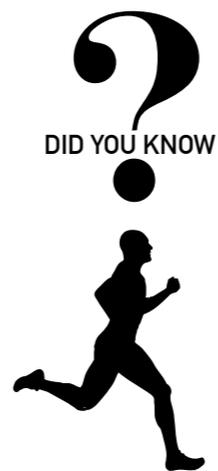
KEEPING UP WITH MILIND SOMAN

The suave model-turned-actor dons many hats at once and shows no sign of stopping, much like Mumbai, the city he calls home. He talks about the bustling metropolis and what it means to be a true Mumbaikar

Words : Ananya Bahl

Model-turned-actor and fitness enthusiast Milind Soman made headlines when he recently ran a marathon in Jerusalem. After running for more than a decade-and-a-half, this Indian supermodel at the age of 50, has become the envy of most treadmill-straddling men. Excerpts from an interview.

What was it like growing up in Mumbai? I didn't grow up the usual way as most children in this city. I didn't play with friends or go for a whole lot of birthday parties. Instead, from an early age, after moving back from London to Mumbai, the only thing I did other than studies was swim. The swimming pool near my house in Dadar was both my friend and my motivation and passion. It continued



Starter tips from Milind: If you are starting at the age of 25+ or 30+ and doing it as a health project or to better your lifestyle, then my advice would be to take it very, very slow – your body has to re-adapt to exercise and muscle-building takes a long time. So, be patient with your body, respect it, take it very gradually and you will be doing it for a long time.



Favourite Street Food: Misal pav and vada pav.



Milind the 'Mumbaikar' I'm always rushing! I'm always busy and that is your quintessential Mumbaikar. In Mumbai, people are always out there to get things done and I've picked that up! I've been here all my life and it's a part of me.



to be the case even after I graduated from college.

In addition to that, I also had a mini-zoo at home. My pets included snakes, lizards, cats, mice, dogs, turtles and so on. These creatures didn't last as long as my college days, as my mother made me give them away when she found out about them.

What motivates you to run barefoot in the busiest city of India?

Running barefoot isn't a new concept, neither is it exclusive to me. People run barefoot on beaches and forests all the time. But running barefoot in Mumbai is an unmatched experience like no other. And I have no specific area where I like to run barefoot, I run everywhere. I enjoy the traffic, I love the potholes, I like the fact that there are dogs, pedestrians and cycles, and you must avoid all of them! But I don't see these as obstacles. It's like life in general— not full of obstacles, it's full of things. You can take away positive things or you can take away negative things. It's your choice.

Of course, I avoid places with too

many tenements, mechanics and car repair shops because that means the surrounding areas will be strewn with all sorts of items that could hurt my feet. But otherwise running barefoot in Mumbai is delightful.

Any cafe/restaurant that's a favourite for a post-workout snack?

I usually prefer eating at home keeping in mind that I enjoy a healthy diet but there are also times when I experiment. The Sequel Bistro & Juice Bar and Birdsong Café in Bandra are my current favourites. I prefer that kind of food: organic, very simple but still innovative, a mix of tastes but not overcooked.

In addition to fitness, how does sports benefit someone's personality?

Everything I am today is because of sports. My personality, outlook, the way I respond to situations and people, it all comes from that discipline. It is not much about physical discipline as much it's about mental discipline. The clarity to see something for what it is, to make choices, to progress all come from sport.



AVIATION QUIZ

5. Name the pilots who flew the first A320neo test flight.

Answers in the next issue of Vistara magazine.

Share your answers at inflightmag@airvistara.com. Five lucky winners will win prizes.



It was so inspiring to see your mother run alongside you. Tell us a little about the experience.

She ran with me on the second last day of the Ahmedabad to Mumbai marathon run and it was inspiring. People think at the age of 70 life is getting slower and you're capable of doing lesser things. When they see someone like her—a retired college professor with no sporting background—do this, it encourages others to get involved too. It was an amazing experience.

Which has been your most favourite run so far?

For me, running is more of an internal exercise. It's not so much about the scenery around me—I've seen and appreciated it but it's not the most important thing. I like running in Mumbai, in the forests, in Coorg, the Nilgiris among others. Everywhere it's a different experience but I think the core of it is what I explore inside.

Any upcoming runs/marathons?

We do a lot of city-to-city runs in India and the last one I did was from Goa to Gokarna (from Kolva beach to Om beach). We have a 'last long run' which we do at the end of the year, on December 31st. The year before that was Bengaluru to Mysuru, and the year before that was Mumbai to Pune. This year, it's going to be from somewhere in Punjab to Dharamsala - that will be interesting! I also ran from Ahmedabad to Mumbai last year for the third time and from Guwahati to Shillong as well. This year, I am running from Dimapur to Kohima in September. I am also planning a city-to-city run in New Zealand this year which will be from Auckland to Wellington.



timeless
masterpieces
— of —
pure pashmina

INTERESTING FACTS

1 Milind Soman won the Ironman Triathlon 2015 in Zurich, Switzerland. He won against 2000 competitors from all over the world and completed the challenge in 15 hours and 19 minutes.

2 At a young age, Soman won the national swimming championship title for 4 years in a row, from 1984 to 1988.

3 On May 20, 2012, he became a Limca Record Book record holder for running 1,500 km in 30 days for Greenathon.

4 Drinking lots of water and working out is Soman's mantra for keeping healthy. He burns 700 to 750 calories per day.



ahujasons
SHAWLS | STOLES | SCARVES

Karol Bagh | Khan Market | DLF Mall of India, Noida | South Extn. Part II
T: +91 11 4134 5200 E: store@ahujasons.com
www.ahujasons.com

